

ABOUT THE DATA

The information contained in this summary is based on Vermont’s 2000 and 2001 Adult Behavioral Risk Factor Surveys and 2001 Youth Risk Behavior Survey.

Vermont has participated with other states in the Adult Behavioral Risk Factor Survey since 1990. Information is collected through a telephone survey with a standardized sample selection procedure and uniform set of questions. Each month, telephone calls were made to randomly selected households.

In 2000, 3,307 adults age 18 and older were interviewed about their health related behaviors. In 2001, the sample was 4,624. The results have been weighted by age and gender to represent the adult population of the state.

Through a cooperative agreement with the Department of Education, Vermont students in grades 8 through 12 have been surveyed every two years since 1985. The 2001 Youth Risk Behavior Survey measures the prevalence of behaviors that contribute to leading causes of death, disease and injury among youth.

Though over 30,000 Vermont high school and middle school students were surveyed in 2001, the youth statistics reported here are based on a representative sample of 9,337 students. The results were weighted to compensate for differences between the sample and the population of all 8th through 12th grade students in Vermont.

The percentages reported in this summary are estimates of risk behaviors within the entire population. Except as noted, statistics are the average of 2000 and 2001 combined. Details on confidence intervals are available on request.

Vermont Behavioral Health Risks 2000 & 2001

Percentage of Vermonters by Gender, Age, Income and Education Level (†2000 data only, *2001 data only)

	Smoking	Quit Smoking	Heavy Drinking*	Binge Drinking	Drinking and Driving	Fruits & Vegetables†	Exercise*	Over Healthy Weight	Condom Use	Dental Visit†	On-going Primary Care*
Youth Total	22 ☺	49	6 ☺	25 ☺	9 ☺	27 ☹	73 ☺	23	63 ☺	-	-
Adult Total	22	49	7	18	3	29	55 ☹	52 ☹	56	75	84
Gender											
Youth - Males	19	52	7	28	12	29	78	28	68	-	-
Youth - Females	24	45	4	23	6	25	68	17	59	-	-
Adult - Males	23	48	7	26	4	22	56	61	67	74	80
Adult - Females	21	50	7	11	2	35	54	44	51	76	88
Age											
12-18	22	49	6	25	9	27	73	23	63	-	-
18-24	36	68	13	45	7	24	66	27	72	79	67
25-44	26	48	6	21	3	27	58	52	52	77	82
45-64	18	38	6	10	2	28	53	61	44	77	89
65+	9	37	5	4	0.4	36	44	60	-	64	96
Adult Household Income											
< \$10,000	33	60	9	24	3	27	45	47	71	59	74
\$10,000-19,999	32	50	6	19	3	28	52	50	64	57	83
\$20,000-34,999	29	49	7	19	3	26	52	53	57	71	82
\$35,000-49,999	21	47	7	19	4	27	56	56	56	80	83
\$50,000-74,999	16	47	6	19	3	30	61	54	69	83	90
\$75,000+	9	55	9	17	2	32	65	52	59	87	90
Adult Education											
< High School Grad	36	41	6	15	2	20	43	61	45	53	85
High School Grad	29	44	6	19	3	24	52	57	64	68	83
Some College	23	57	8	21	3	29	56	50	60	78	84
College Grad	11	57	7	16	3	35	61	47	64	86	86

☺ Positive trend ☹ Negative trend

DEFINITIONS

Smoking - Adults who report having smoked at least 100 cigarettes in their lifetime and who currently smoke cigarettes. Youth who smoked on one or more days during the past 30.

Quit Smoking - Adults who smoke every day who report having stopped smoking for at least one day in an effort to quit. Current youth smokers who tried to quit at least one time in the past twelve months.

Heavy Drinking - Men who drink an average of more than two drinks per day. Women who drink an average of more than one drink per day. Youth who drank on 10 or more days in the past 30.

Binge Drinking - Adults or youth who report having had five or more drinks, one or more times in the past month.

Drinking and Driving - Adults who report having driven after having too much to drink, one or more times in the past month. Youth who drove after drinking any alcohol during the past 30 days.

Fruits & Vegetables - Adults and youth who report eating five or more servings of fruits and vegetables per day.

Exercise - Adults and youth who report at least 30 minutes of exercise five or more days a week or vigorous exercise (that makes them sweat and breathe hard) for 20 minutes on three or more days a week.

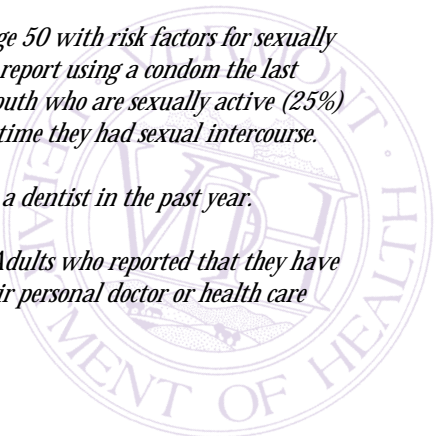
Over Healthy Weight - Overweight and obese adults with a body mass index (BMI) greater than or equal to 25. Youth at

risk for being overweight (85th BMI percentile) and overweight (95th BMI percentile). BMI equals 704 times weight (lbs.) divided by height (inches) squared (704 x wt/ht²).

Condom Use - Adults under age 50 with risk factors for sexually transmitted diseases and HIV who report using a condom the last time they had sexual intercourse. Youth who are sexually active (25%) and report using a condom the last time they had sexual intercourse.

Dental Visit - Adults who saw a dentist in the past year.

On-going Primary Care - Adults who reported that they have one person who they think of as their personal doctor or health care provider.



Fruits & Vegetables

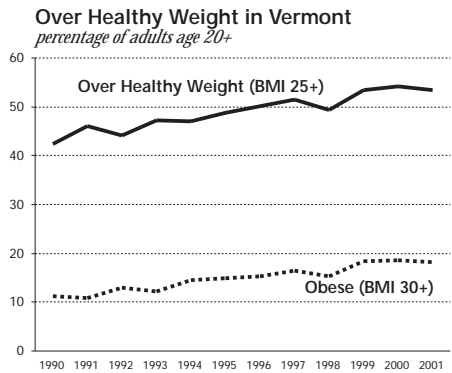
Eating enough fruits and vegetables has a variety of health benefits. Twenty-nine percent of adults and 27 percent of youths report eating five or more servings of fruits and vegetables each day. More women than men eat five or more servings (35% vs. 22%). The highest rates are among adults age 65+ (36%); the lowest among adults who did not graduate from high school (20%).

Exercise

For people of all ages, regular physical activity improves health. Fifty-five percent of adults and 73 percent of youths report regular moderate or vigorous physical activity. Boys (78%) are the most active group, followed by girls (68%). Among adults, regular exercise is most prevalent among college graduates (61%) and least prevalent among those who did not graduate from high school (43%).

Over Healthy Weight

Being overweight increases a person’s risk for many chronic diseases including high blood pressure, diabetes, and heart disease. Fifty-two percent of adults are over healthy weight (*overweight or obese*) and 23 percent of youth are over healthy weight (*overweight or at risk for becoming overweight*). The prevalence of overweight is highest among adult males (61%), adults age 45-64 (61%), and adults who did not graduate from high school (61%). More men than women are over healthy weight (61% vs. 44%).



Condom Use

Consistent and proper condom use is an effective way to prevent sexually transmitted diseases like chlamydia and AIDS among people who are sexually active. Of adults with risks for these diseases, 56 percent report using a condom during their most recent sexual intercourse. The highest rate of condom use is among adults age 18 to 24 (72%) and adults with a household income below \$10,000 (71%). Sixty-six percent of youths report that they have never had sexual intercourse. Among sexually active youth, 63 percent used a condom during most recent sexual intercourse.

Dental Visit

Regular dental check-ups, that include cleaning and evaluation for early signs of tooth decay and gum infection, are essential for oral health. Adults with household incomes above \$75,000 (87%) and college graduates (86%) were most likely to have seen a dentist in the past year. Adults with household incomes between \$10,000 and \$19,999 (57%) and those with less than a high school education (53%) were least likely to have had a dental check-up in the past year.

On-going Primary Care

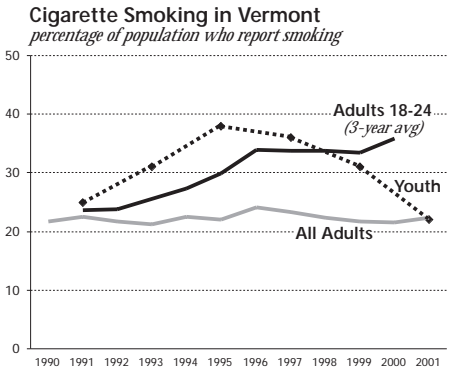
A long-term relationship between a patient and a primary care professional (doctor, nurse, physician assistant, etc.) helps ensure that medical care is consistent and coordinated over time. More women than men reported on-going primary care (88% vs. 80%). On-going primary care was most prevalent among adults age 65+ (96%) and those with household incomes above \$50,000 (90%), and least prevalent among adults age 18 to 24 (67%).



These highlights combine data from the 2000 and 2001 Adult Behavioral Risk Factor Surveys and the 2001 Youth Risk Behavior Survey. The highlights provide information about personal behaviors that directly affect the health of the population and contribute to the leading causes of death and disease. The prevalence of these behaviors among Vermonters is analyzed by age, gender, income and education level. Adults are defined as age 18 and older and youths are defined as 8th through 12th grade students.

Smoking

Cigarette smoking is a leading cause of death and disease including heart disease, certain cancers, and chronic lung disease. Twenty-two percent of adults and youths smoke. The percentages are similar for men and women (23% vs. 21%) and higher for boys than girls (24% vs. 19%). Smoking is most prevalent among adults age 18 to 24 (36%) and among adults who did not graduate from high school (36%).



Quit Smoking

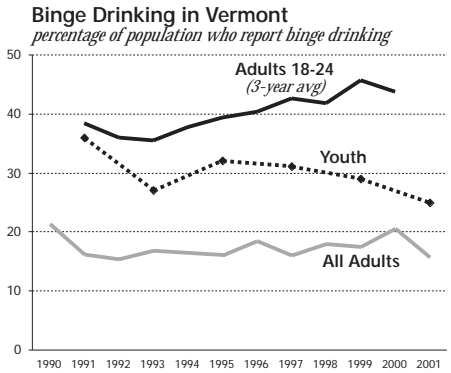
While smoking is a serious health risk, quitting smoking can have immediate health benefits. Among adult and youth smokers, 49 percent have tried to quit at least once in the last year. Attempting to quit is most prevalent among 18 to 24-year-old smokers (68%) and least prevalent among those age 65 and older (37%).

Heavy Drinking

Alcohol is an underlying cause of many deaths and contributes to cancer, depression, liver disease, birth defects, and high blood pressure. Heavy drinking (*averaging more than two drinks per day for men or more than one drink per day for women*) is reported by 7 percent of adults. Heavy drinking is equally prevalent among men and women (7%), and is most prevalent among adults age 18 to 24 (13%).

Binge Drinking

Binge drinking (*having five or more drinks on one or more occasions in the past month*) increases the risk of alcohol-related injuries, property destruction, academic and job problems, car crashes and HIV exposure. Eighteen percent of adults and 25 percent of youths report binge drinking. Binge drinking is higher among men than women (26% vs. 11%) and is most prevalent among adults age 18 to 24 (45%).



Drinking & Driving

Every year in Vermont, approximately 30 people die in alcohol-related car crashes. Three percent of adults and 9 percent of youths report that they drink and drive. Men are more likely to drink and drive than women (4% vs. 2%). Drinking and driving is most prevalent among boys (12%) and among adults age 18 to 24 (7%).